

Bicycle and Pedestrian Trails in Maine: A Guide to Maine's Multi-Use Connections

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GUIDE TO MAINES OFF ROAD BICYCLE AND PEDESTRIAN CONNECTIONS

A Listing of Maine Bicycle and Pedestrian Shared Use Trails in Maine. This report is divided into two sections. The first section lists the bicycle and pedestrian connections that are for non-motorized uses only. They generally have improved surfaces of either asphalt or stone dust. The second section includes Shared Use Paths which also allow ATV's. All of these trails have been built with partnerships at the local, state, and federal level. They are all open to the public and are built to connect neighborhoods, villages, business areas and towns. This report is meant to be a general outline of bicycle and pedestrian off-road opportunities in Maine.

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Walking and Bicycling Trails:

The trails in this section of the report include wide, off-road, paved or gravel trails that allow walking, road and hybrid bicycling, handicap accessibility, snowshoeing and cross-country skiing. Motorized activity, such as the use of ATVs, is prohibited.



Acadia National Park Carriage Roads

Trail Location: Bar Harbor, Mount Desert Island

Trail Length: 45 miles

County: Hancock

Activities:

Walking, Road and Hybrid Bicycling, Horseback Riding, Cross-Country Skiing,



Trail Surface(s):

Gravel

Trail Description:

The Carriage Roads and stone bridges in Acadia National Park were financed and directed by John D. Rockefeller, Jr. between 1913 and 1940 for hikers, bikers, horseback riders and carriages. Approximately 45 miles of Carriage Roads within the park allow walking, cycling, horseback riding, cross-country skiing, and snowshoeing. This is simply some of the best bicycling in Maine.

The carriage roads were designed to follow the contours of the land and to take advantage of the many scenic views in Acadia National Park. The carriage roads wind around the interior of Acadia National Park, encircle Jordan Pond and Eagle Lake and loop around the flanks of Sargent and Penobscot Mountains. They offer stunning views of Somes Sound and Frenchman Bay, and lead you through some of the most spectacular wildlife settings Maine has to offer. The carriage roads were graded so as not to be too steep or too sharply curved for horse drawn carriages, a popular mode of recreational travel in the early twentieth century.

A 27-mile loop road is also open to cyclists. However, there is no shoulder on this road so it is important to follow the rules of the road. Cycling is not advertised during the busy hours of the day, 9:00am- 3:00pm. The park loop road is the primary avenue for navigating through Acadia National Park on Mount Desert Island by vehicle. It begins near the Hulls Cove Visitor Center and connects Acadia's lakes, mountains, forests and rocky shores for easy exploration.

Much of the road is one way but there is a two way section that begins near Wildwood Stables so keep this in mind. A fee is required and may be paid near its entrance, about one-half mile north of Sand Beach at the entrance station.

Parking & Trail Access:

The parking area is located at Hulls Cove Visitors Center on ME Route 3, about 7 miles from the bridge onto Mount Desert Island. There is ample parking for all visitors. The Hulls Cove Visitor Center is open seasonally at different hours. It is closed November 1 through April 14.

Eagle Lake: This is one of the most popular starting points. The parking area, located east of Bar Harbor on the north side of Rt. 233 often overflows during peak season in July and August. From the lot, there is easy access to the carriage roads that lead toward half Moon Pond, the Breakneck Ponds and Witch Hole Pond. You can also ride the carriage roads around Eagle Lake for a challenging 6.1 mile loop ride that includes a few steep ascents and descents. Expect some rough patches. There are incredible views overlooking the lake.

Paradise Hill: Enter at the northwest end of the Hulls Cove Visitor Center parking lot. The 0.5 mile trail that connects to the Paradise Hill carriage road is narrow, steep and surfaced with loose gravel. Slippery. Consider walking your bike up and down.

Parkman Mountain: Parking is 2.3 miles south from the intersection of Rt. 198 and Rt. 233 on the eastern side of 198.

Jordan Pond: Jordan Pond parking area (not the restaurant parking lot). The carriage road crosses the Park Loop Road south of the Jordan Pond Gatehouse. Do not park in front of the gates on the carriage road. Jordan Pond is a hub for several major carriage roads and hiking trails as well as the Jordan Pond House Restaurant. The carriage road follows along Jordan Pond's western edge. There are several rocky sections.

Make reservations at the restaurant in advance (at least the day before your ride), and plan your bike tour of the carriage trails so you end up there just in time for a traditional cup of tea and crumpets on the lawn.

Bubble Pond: Parking is on the Park Loop Road. The carriage trail that travels along the west side of Bubble Pond is easily accessed from the parking area. Nestled between North and South Bubble mountains, just northeast of Jordan Pond is an easy ride with lots of places to stop and admire the views of the "bubble like" mountains.

For More Information:

Please Visit: <http://www.nps.gov/acad/index.htm>

Androscoggin River Bicycle and Pedestrian Path

Trail Location: Brunswick

Trail Length: 2.63 miles

County: Androscoggin

Activities:

Walking, Jogging, Cycling, Rollerblading,
Snowshoeing,
Cross-Country Skiing



Trail Surface(s):

Asphalt

Trail Description:

The Brunswick Bicycle Path is a 2.63 mile paved path along the Androscoggin River in Brunswick. The path offers many scenic overlooks of the Androscoggin River while providing a pedestrian/bicycle connection between Brunswick and Topsham. Amenities along the trail include two outhouses located approximately ¼ mile from the Water Street trailhead, emergency phones at three locations, an athletic field, a dog waste cleanup dispenser and receptacles, as well as granite and wooden benches.

Parking & Trail Access:

The parking area for the trail is located at the end of Water Street in Brunswick. From Main Street in downtown Brunswick going toward Topsham, turn right onto Dunlap Street before crossing the US Route 201 bridge. At the end of Dunlap Street, turn left onto Federal Street. At the intersection, keep straight on Federal Street, which becomes Water Street after passing over the US Route 1 bridge.

For More Information: Please Visit:

<http://www.brunswickme.org/parkrec/androscogginriverbp.htm>

Auburn/Lewiston Riverwalk

Trail Location: Lewiston/Auburn

Trail Length: 1 mile

County: Androscoggin

Activities:

Walking, Jogging, Cycling, Rollerblading



Trail Surface(s):

Asphalt

Trail Description:

The Auburn Riverwalk is a bicycle and pedestrian path that connects the vibrant riverfronts in the towns of Lewiston and Auburn. Located near the Great Falls of the Androscoggin River, the path connects Auburn's Bonney Park and Festival Plaza to Great Falls Park and West Pitch Park by way of an underpass of Longley Bridge. A trestle bridge provides bicycle/pedestrian access to Lewiston's Railroad Park, a popular site for festivals and events. The Riverwalk and its accompanying connections have helped rejuvenate the Androscoggin riverfront and bicyclists and pedestrians alike will enjoy the beautiful views, gardens, and outdoor art available to the public.

Parking & Trail Access:

Auburn: Parking is available at Festival Plaza on Main St in Auburn, one block south of Great Falls Plaza. A city parking garage is located directly across the street.

Lewiston: Take Lisbon Street through the downtown. At the intersection of Main and Lisbon Street turn left. At the next light, turn left onto Lincoln Street. Veteran's Memorial Park will be on your right. Parking will be along the left on Lincoln Street and railroad Park is one block to your right

For More Information: Please Visit: www.latrails.org

Beth Condon Pathway

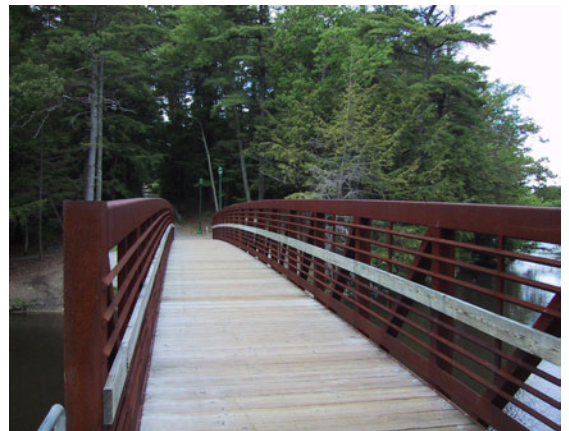
Trail Location: Yarmouth

Train Length: 1.2 Miles

County: Cumberland

Activities:

Walking, Hiking, Cycling, Cross-Country Skiing,



Snowshoeing

Trail Surface(s): Paved

Trail Description:

The Beth Condon pathway is a pedestrian and bicycle path that starts on Portland Street in Yarmouth and runs along US-1, connecting with the Royal River walkway and finishing at Forest Falls Drive. The pathway provides safe and convenient access to the many shops and businesses along US-1.

Starting at the corner of Portland Street and US-1, follow the pathway to the Town Hall (.55 miles). Next, follow the pathway across Main Street down School Street to the Rowe School. The pathway continues on through the Royal River Park, bears right, then crosses a foot bridge to Forest Falls Drive. From here the path continues on to the Hannaford Shopping Plaza on US-1.

Parking & Trail Access:

Parking is available at Yarmouth Marketplace located at 438 US-Route 1. The trailhead is located in the back left corner of the parking lot.

For More Information: Please Visit: <http://www.yarmouthcommunityservices.org/spaces.html>

Bethel Pathway

Trail Location: Bethel

Trail Length: 1 mile

County: Oxford

Activities:

Walking, Cycling, Cross-Country Skiing, Snowshoeing

Trail Surface(s):

Paved

Trail Description:

Bike trails in the Bethel area began as snowmobile trails in the 1960s. As the years went by, trail segments have been added for the use of pedestrians and bicyclists. This beautiful paved town trail has something for everybody including a covered bridge on the route. The path also meanders along the Androscoggin River, providing excellent opportunities for recreationists, visitors, and birders. Amenities along the pathway include a boat launch, a small skateboard park, a playground, picnic tables, and outhouses.

**Parking & Trail Access:**

Parking is available at Davis Park located on the corner of ME Route 26 and Parkway Road just east of the village on the Androscoggin River.

For More Information:

Bethel Chamber of Commerce: 207-824-2669

Or visit: www.thebetheljournals.info/Trails/Bethel_trails.htm.

Calais Waterfront Walkway

Trail Location: Calais

Trail Length: 1 mile



County: Washington

Activities:

Walking, Jogging, Cycling, Cross-Country Skiing,

Trail Surface(s):

Gravel

Trail Description:

The Calais Waterfront Walkway is a one mile trail that follows the route of the former Maine Central Rail Line to the heart of downtown Calais, Maine. This is the original bed of the Calais Railway (chartered 1832), the first charter issued by the State of Maine. The old rail right of way which follows the St. Croix River has been transformed into a spectacular promenade for walkers, joggers, cyclists, and cross country skiers. After passing through the busy town of Calais, you will find tranquility in the quiet forest setting of the walkway. The historic St. Croix River offers many outstanding vistas along the way. Bald eagles can be spotted in several perches located along the trail. The opposite shore is St. Stephen, New Brunswick, Canada, where a system of parks and trails is also being developed on the waterfront.

Parking & Trail Access:

The parking area is available on Union Street at the Maine Publicity Bureau. From US Route 1 North in downtown Calais, turn left onto Union Street after Beech Street. The parking lot is behind the Maine Publicity Bureau building. The trailhead is located at the entrance to the parking lot.

For More Information: Please visit:

<http://www.healthymainewalks.org/findawalkdetails.php?id=100>

Collins Pond Pathway

Trail Location: Caribou

Trail Length: 1.23 miles

County: Aroostook

Activities:

Walking, Jogging, Cycling

Trail Surface(s):

Asphalt



Trail Description:

Located on peaceful Collins Pond on the south side of Caribou, this park has a play area, group and family picnic sites and a 1.23 mile walking path. Collins Pond is a manmade pond bordering the south edge of Caribou's downtown. The pond is home to a variety of birds and waterfowl as well as small mammals and an occasional deer and moose. There are picnic facilities on the south side of the pond and on the north side of the pond as well. The Collins Pond Pathway is in close proximity to the Nylander Museum and the Soucie Memorial Sports Complex. Maps are available at the Caribou Parks and Recreation Office or online at caribourec.org.

Parking & Trail Access:

Follow US Route 1 into Caribou. At the first traffic light turn left onto Fort St. and proceed straight to the intersection of Main St. At the stop sign go right and proceed north on Main St. for approximately 1/2 mile. Turn left onto Roberts St. at St. Luke's Episcopal Church. Proceed straight on Roberts St. to the Caribou St. intersection and Collins Pond Park. Parking is available on the north side of Caribou St. Walk into the park and pickup the walkway.

Seasonal Restrictions: Year round

For More Information:

Please Visit: <http://www.healthymainewalks.org/findawalkdetails.php?id=98>

Eastern Trail

Trail Location: Kittery to South Portland

Trail Length: 69 miles, on and off-road sections

Counties: York, Cumberland

Activities: Walking, Road and Hybrid Bicycling, Rollerblading

Trail Surface: Paved



Trail Description:

The Eastern Trail – the southern gateway portion of the Maine East Coast Greenway – is envisioned to extend 80 miles from Kittery to South Portland. Once fully developed, the Eastern Trail will include approximately 37 miles of off-road cycling. Today, Eastern Trail riders can meander on-road through the rural countryside and villages of southern Maine as well as historic mill towns and oceanside beaches. The route begins near Maine's New Hampshire border in Kittery, a town known as an outlet-shopping mecca. Some notable diversions as the trail heads north include Vaughn Woods State Park along the Piscataqua River in South Berwick, historic homes along Route 1 in Saco, the wide sandy beaches of Old Orchard Beach, and Scarborough Marsh, where you can get off your bike and into a canoe for a few hours. The route ends at Bug Light Park in South Portland, with its stunning views of Portland Harbor in Casco Bay.

Trail Access:

The main parking lot is located in South Portland at Bug Light Park. After crossing the Casco Bay Bridge from Portland to South Portland, stay on Broadway in South Portland. At the third traffic light, go straight to continue on Broadway for 1.2 miles. At the stop sign by Joe's Boathouse, turn left onto Breakwater Drive. At the next stop sign, turn right onto Madison Street. Follow this road straight into Bug Light Park. Once through the entrance, turn right as you approach the booth into the parking lot.

For More Information:

Please see the trail website: www.easterntail.org

Foundry Road Path

Trail Location: Livermore Falls

Trail Length: 3/4 of a mile

Counties: Androscoggin

Activities: Walking, Bicycling, Cross-Country Skiing, Snowshoeing

Trail Surface: Paved



Trail Description:

The Foundry Road Path, recently built in Livermore Falls, is a scenic trail that runs near the Androscoggin River. The path starts at the Livermore Falls Town Office and continues on past the Middle School and ends at the Otis Mills Complex. The trail showcases Livermore Falls' historic connection to the Androscoggin River and the impressive falls that were instrumental in the town's pulp paper industry. The path passes by recreational fields and provides a safe and scenic walk for students and residents alike. Make sure to take time to enjoy the Riverside Park and Gazebo at the northerly end of the trail. A carry-in boat launch is also located along the trail for canoers and kayakers.

Parking and Trail Access:

From intersection of ME Routes 4 and 17 in Livermore Falls, follow ME Route 17 (Main Street) south. ME Route 17 makes a sharp left approximately 500 feet after the starting point and becomes Depot Street; instead, continue straight along Main Street, driving past the municipal buildings to the parking lots. The Foundry Trail is towards the recreational fields on the left. Additional parking is also available near the tennis courts.

For More Information: Please visit:

<http://www.maintailfinder.com/Trail/foundry-trail>

Kennebec River Rail Trail

Trail Location: Augusta, Hallowell, Farmingdale, Gardiner

Trail Length: 6.5 miles

County: Kennebec

Activities:

Walking, Cycling, Rollerblading

Trail Surface(s):

Paved



Trail Description:

Enjoy scenic views along the Kennebec River, shopping in Hallowell, lunch in Gardiner and side trips to the State Capitol and Museum complex or Fort Western. This 6.5-mile trail is mostly paved. A short section through downtown Hallowell is on sidewalks or low-speed roads. The trail parallels the existing rail bed along the Kennebec River and stretches from Augusta (Maine's capital) through Hallowell and Farmingdale, to its conclusion in Gardiner. The trail pays tribute to the historical rail corridor with granite quarter-mile markers that imitate at a smaller scale, the railroad's granite mile markers. The Kennebec River Rail Trail is part of the East Coast Greenway, a 3,000-mile network of trails that will connect Calais, Maine, with Key West, Florida.

Parking and Trail Access:

Augusta: Follow ME Route 202 to the traffic circle and take US Route 201 south. The parking lot is located on Water Street in downtown Augusta at the bottom of the hill below the fire station in the rear of the Maine State Housing Authority parking lot. A sign for the KRRT is located at the entrance to the parking lot.

Gardiner: Parking is available in Gardiner in the Hannaford's grocery store parking lot located at 40 Maine Avenue, 0.2 mile from the intersection of ME Route 9 and US Route 201. Immediately as you enter the Hannaford's parking lot, the trailhead is located to your left where you will see a kiosk with information about the KRRT.

For More Information: Please visit: <http://www.krrt.org/>

Lisbon Trails

Trail Location: Lisbon

Trail Length: 1.6 miles

County: Androscoggin

Activities:

Walking, Cycling, Snowmobiles

Trail Surface(s):

Paved



Trail Description:

There are two shared walking and biking trails in Lisbon: the Paper Mill Trail and the Ricker Farm Trail. The 0.8-mile Paper Mill Trail runs along the Sabattus River. It connects the Sabattus Boat Launch and picnic area to the elementary school, which uses the trail for school projects and nature walks. The Paper Mill Trail serves as a snowmobile trail and is also crossed by several other snowmobile trails. During the winter months, only half of the paved path along the Sabattus River is plowed, allowing snowmobiles to utilize the trail. The 0.8-mile Ricker Farm Trail begins where the Paper Mill Trail ends at the Sabattus River Boat Launch. From there, the trail continues north eventually leading to Ricker Farm a little less than a mile away. Plans are already in the works to continue the trail on both ends.

Parking & Trail Access:

Lisbon: The parking area for the trail is located on Frost Hill Avenue. Between Lisbon Falls and Lisbon Center on ME Route 196 West, turn right onto Frost Hill Avenue 1 mile from the intersection of ME Route 196 and ME Route 9. The parking lot for the trail is the first lot on the left. There you will find a boat access point and a sign for the trail. Parking is also available on Upland Road. Between Lisbon Center and Lisbon on ME Route 196 West, turn right onto Village Street. At the 4-way intersection, turn right onto Upland Road. There is a small parking lot for the trail approximately 0.5 mile down the road on the right.

For More Information: Please visit: <http://lisbontrails.wordpress.com/>

Mountain Division Trail

Trail Location: Windham, Gorham, Standish

Trail Length: 6 miles

County: Cumberland

Activities:

Walking, Cycling, Horseback Riding, Cross-Country Skiing

Trail Surface(s):

Paved



Trail Description:

The Mountain Division is an envisioned 50 mile transportation corridor linking North Conway, New Hampshire to Portland, Maine along the abandoned Mountain Division rail line. In 1997, the Maine Department of Transportation purchased the corridor and track from Route 202 in Windham to the Maine/New Hampshire border in Fryeburg. Currently, the Mountain Division Trail is open to the public for 6 miles, from Route 202 in Windham, through the Recreational Area in Windham (off of Gambo Road) to the Johnson Field Recreation Area in Standish. When this trail is finished, it will serve as an important commuting route for cyclists connecting Fryeburg, Standish, Gorham, Windham, Westbrook, and Portland. The long-range goal is to complete all sections and connect Portland with the New Hampshire border and the new Visitors Center in Fryeburg.

Parking & Trail Access:

Windham: The Mountain Division Trailhead parking in Windham is located at the end of Gambo Road. Head west on River Road from the intersection of US Route 202/River Road for approximately 0.2 mile. Turn left onto Gambo Road, and the parking area is on your right near the end of the road.

Standish: The Mountain Division Trailhead parking in Standish is located on ME Route 35, .25 mile north of the intersection of ME Route 35 and ME Route 114 (center of Sebago Lake Village in Standish). A store is located at the intersection.

For More Information: Please visit: www.mountaindivisiontrail.org/

Mousam Way Bike Path

Trail Location: Sanford

Trail Length: 6 miles

County: Cumberland

Activities:

Walking, Cycling

Trail Surface(s):

Paved



Trail Description:

The Mousam Way Bike Path is a paved path that connects the Sanford-Springvale YMCA, Sanford High School, the Marginal Way neighborhood, and the Sanford High School Boulevard. This .9 mile long path connects to a woodland path that travels directly through the heart of the Springvale village area. The Mousam Way Trail System currently runs for four miles from Gowen Park to Springvale Recreation Area. The Mousam Way Bike Path also connects to the Sanford Rail Trail, a multi-use trail that runs east-west through the village. This trail network provides great recreational opportunities beyond just walking and cycling. The area is also used for kayaking, ice skating, and skateboarding.

Parking & Trail Access:

Parking is available at the Sanford Springvale YMCA. From I-95, take exit 32 (Biddeford), and then take a right off exit onto Rte. 111. Travel 14 miles to a set of lights and take a right hand turn onto Shaws Ridge Road and travel to the next set of lights. At the lights take a hard left turn onto River Street. The YMCA is a quarter mile on the right. There is also a trailhead at Sanford High School with a small gravel parking lot. Sanford High School Boulevard is also located off River Street, on the left before the YMCA.

For More Information: Please visit: <http://www.freewebs.com/sanfordtrailcommittee/>

Narrow Gauge Pathway

Trail Location: Sugarloaf Mt. to Carrabassett

Trail Length: 6 miles

County: Franklin

Activities:

Walking, Mountain Biking , Horseback Riding, Cross-Country Skiing, Snowshoeing

Trail Surface(s):

Gravel



Trail description:

The Narrow Gauge Pathway follows the Old Narrow Gauge railroad bed and is approximately 6 miles long. The trail follows the Carrabassett River for the first 5 miles. The last mile follows the old Bigelow trail. From south to north you will find a gradual increase in grade. Along the way you will find a number of trails branching off of the main trails that will bring you to scenic outlooks of the Carrabassett Valley. The entire trail is located on private property; therefore it is asked that users carry out what they carried in. Both Campbell Field & the Anti-Gravity Center trailheads provide a relaxing downhill ride, with a more challenging return ride. Picnic areas are located along the trail for your convenience.

Parking & Trail Access:

South end of Carrabassett: Parking is available on Carriage road. Driving north on Route 27, turn right onto Carriage Rd, cross bridge and park at the Municipal Parking lot on the left. The trail starts on the roadway and is well signed.

From the North end of Route 27: Paring is available at the base of Sugarloaf Mountain. Drive past the main entrance to Sugarloaf/USA on your left and continue 100 feet across concrete bridge and trail entrance on your right. Parking is available in the large lot at the Anti Gravity Center just left of the entrance to Sugarloaf.

For More Information: Please visit:

http://www.carrabassetvalley.org/content/4021/Narrow_Gauge_Pathway/

Portland Trails

Trail Location: Greater Portland

Trail Length: 30 mile trail system

County: Cumberland

Activities:

Walking, Jogging, Hiking, Road, Hybrid and Mountain Biking, Rollerblading, Snowshoeing, Cross-Country Skiing.



Trail Surface(s):

Crushed Stone, Dirt, Paved

Trail Description:

Portland Trails is a dynamic urban conservation organization and land trust founded in 1991 that maintains a 30-mile network of over 30 trails in the Greater Portland area. The trails are located in and around Portland and offer spectacular recreation and transportation opportunities. The trails are heavily used year round and offer a variety of activities. Spectacular views can be found on just about all 30 trails in the system. The trails in the system explore some of greater Portland's most breathtaking ocean, marshland, estuary, and wetland ecosystems. Wildlife is abundant on many of the trails including birds and aquatic life. Convenient parking is established for each trail as well as adequate trail signage and blazes. Two particularly popular trails are the Back Cove Trail (3.5 mi) and the Eastern Promenade Trail (2.1 mi).

For More Information: Please Visit: <http://www.trails.org/>

Back Bay and Eastern Promenade Trail (Portland Trails)

Trail Location: Portland

Trail Length: 5 miles

County: Cumberland

Activities:

Walking, Cycling, Rollerblading, Cross-Country Skiing, Wheelchair Accessible

Trail Surface(s):

Asphalt



Trail Description:

Portland's Back Cove is one of the most popular destinations for walkers and cyclists in Portland. Circling Portland's Back Cove, the trail highlights Back Coves wetland habitat and provides stunning views of the city of Portland. The 3.5 mile Back Cove Trail connects to the Eastern Promenade trail approximately 2.5 miles into the trail after crossing Tukey's Bridge. The Eastern Promenade Trail then extends another mile and a half into downtown Portland. Built along an old rail corridor, the Eastern Promenade Trail offers spectacular harbor and ocean views. Benches and picnic tables are located along the route and at East End Beach. Public toilets at East End Beach are open during the summer months.

Parking & Trail Access:

For the Back Cove Trail, parking is located on Preble Street in Portland across from the large grocery store plaza and on the north side of Baxter Boulevard at Payson Park. For the Eastern Prom Trail, the trailhead can be accessed at the corner of Commercial and India Streets. To reach the East End Beach parking area, descend from Fort Allen Park down Cutter Street to the parking area.

For more information: Please visit website www.trails.org

Bayside Trail

Trail Location: Portland

Trail Length: 1.2 miles

County: Cumberland

Activities:

Walking, Jogging, Cycling, Rollerblading

Trail Surface(s):

Paved



Trail Description:

The Bayside Trail is an urban gem running through the heart of Maine's largest city. This 1.2 mile paved bicycle and pedestrian trail connects the popular Eastern Prom Trail through the Bayside Neighborhood, and ultimately, to Deering Oaks Park. The trail provides bicycle and pedestrian connections to many businesses, schools, and parks along the route. The trail offers visitors and residents alike, a safe and beautiful walk or ride in downtown Portland. Be sure to check out other popular trails in Portland's network including: the Eastern Prom Trail and the Back Cove Trail.

Parking & Trail Access:

Take Exit 7/Franklin Street off of Interstate 295. Take a right at the first traffic light. A Park & Ride parking lot is available just to your right. You may also park at the East End Beach parking area, by descending from Fort Allen Park down Cutter Street to the parking area.

For More Information: Please Visit: <http://www.trails.org/baysidetrail/>

Presque Isle Bicycle and Pedestrian Trail

Trail Location: Presque Isle

Trail Length: 4 miles

County: Aroostook

Activities:

Walking, Jogging, Cycling

Trail Surface(s):

Paved



Trail Description:

Created in 1981, the Presque Isle Bicycle and Pedestrian Trail, which follows the old C.P. Railroad track bed, is a 4 mile paved path that runs from North Main Street to Riverside Drive in Presque Isle. The path is used year round by young and old for cycling, walking and jogging. Presque Isle is becoming a very popular area for road and mountain biking. Amenities along the Presque Isle Bicycle and Pedestrian Walkway include a picnic area, a playground, playfields, schools, as well as tennis courts. The trail passes through the University of Maine Presque Isle grounds as well, making it a commuting as well as a recreational trail.

Parking & Trail Access:

The parking area for the trail is located on Riverside Drive. In downtown Presque Isle at the intersection of US Route 1 North and Blake Street, turn left onto Riverside Drive at the intersection. The parking lot is located 0.2 mile south of the intersection of US Route 1 and Blake Street.

For More Information: Please Visit:

<http://www.healthymainewalks.com/findawalkdetails.php?id=86>

Sipayik Trail

Trail Location: Perry

Trail Length: 1.7 miles

County: Washington

Activities:

Walking, Cycling, Cross-Country Skiing, In-line Skating

Trail Surface(s):

Paved



Trail Description:

The Pleasant Point Passamaquoddy Reservation is just across the Passamaquoddy Bay from coastal New Brunswick, Canada. The Sipayik (zih-'bahy-ihg) Trail opened to the public in November 2004, connecting Pleasant Point to Eastport. This paved rail trail is located on land owned by the Passamaquoddy Tribe of Maine and provides residents with an alternate walking route that bypasses busy Route 190. Hikers can enjoy the scenery from picnic tables at the trail's midpoint. The 1.7-mile trail meanders through the woods, with the tidal Little River and Atlantic Ocean on one side and a grassy marsh on the other. Over much of its course, the Sipayik Trail overlooks a spectacular coastline, highlighted by views of nearby Deer Island. Beach access is permitted from the trail.

Parking & Trail Access:

Perry: Take ME Route 190 East toward Eastport. In approximately 3.5 miles, turn left onto Indian Road. At the intersection, turn left onto Side Road. At the end of Side Road, turn right onto Treatment Plant Road. Follow Treatment Plant Road to the end where you will find a parking lot for the trail.

For more information: Please visit:

<http://www.healthymainewalks.org/findawalkdetails.php?id=379>

South Portland Greenbelt

Location: South Portland

Trail Length: 6 miles

County: Cumberland

Activities: Walking, Cycling, Snowshoeing, Cross-Country Skiing

Trail Surface: Paved

Trail Description:

The South Portland Greenbelt is a paved, shared use path that starts at the mouth of Portland Harbor at Bug Light Park and gradually becomes more rural, ending at the Wainwright recreation fields. Cyclists can watch the pleasant scenes of the harbor, visit the Liberty Ship memorial, or take a side trip over the Fore River Bridge to Portland's Old Port. The trail connects South Portland parks and neighborhoods from the Wainwright Recreation Complex to Bug Light Park and the Spring Point Shore way. The Greenbelt is also the northern terminus of the Eastern Trail that will eventually connect South Portland all the way to Kittery, and is part of the East Coast Greenway. The trail passes through the Mill Creek shopping district and residential areas. At the intersection of Madison Street and Breakwater Drive, the trail splits, leading to Bug Light Park or along the shoreline where it forms the Spring Point Shoreway Trail.



Parking and Access:

South Portland: The main parking lot is located in South Portland at Bug Light Park. After crossing the Casco Bay Bridge from Portland to South Portland, stay on Broadway in South Portland. At the third traffic light, go straight to continue on Broadway for 1.2 miles. At the stop sign by Joe's Boathouse, turn left onto Breakwater Drive. At the next stop sign, turn right onto Madison Street. Follow this road straight into Bug Light Park. Once through the entrance, turn right as you approach the booth into the parking lot.

For More Information: Please Visit:

http://www.trails.org/map_files/sp_greenbelt_description.html

University of Maine Bicycle Path

Trail Location: Orono

Trail Length: 5 miles

County: Penobscot

Activities:

Walking, Cycling, Cross-Country Skiing, Rollerblading

Trail Surface: Paved, Gravel

Trail Information:

The University of Maine Bicycle Path is a 10-foot wide paved and gravel bike path that follows an old railroad bed and is practical as well as recreational. You can see deer at certain times of day. People go grocery shopping via the trail and commuters from Old Town bike to work on the scenic bike path through the University of Maine's grounds. There is amazing beauty and peacefulness on this trail that connects the two busy towns of Old Town and Orono. In addition, you can also bike on the 20+ miles of the University Ski Trail network that in summer is ideal for walkers, joggers, cyclists, and equestrians.



Parking and Access:

Orono: On Stillwater Avenue in Stillwater, turn right onto College Avenue just after crossing the Stillwater River. Stay on College Avenue for approximately 3 miles, then turn left onto ME Route 2. After approximately 0.3 mile, turn left onto Rangeley Place and follow it all the way to the end where you will find a parking lot next to a residence hall. The trailhead is located at the rear of the parking lot.

For more information: Please Visit:

<http://www.umaine.edu/campusrecreation/facilities/trails.html>

Westbrook River Walk

Trail Location: Westbrook

Trail Length: 2/3 mile

County: Cumberland

Activities:

Walking, Cycling, Snowshoeing, Cross-Country Skiing

Trail Surface(s):

Paved



Trail Description:

The Westbrook River Walk is an attractive bike and pedestrian path that follows the banks of the Presumpscot River into Westbrook's Riverbank Park and historic downtown. Riverbank Park is open dawn to dusk and offers a playground for children, a Veterans Memorial, a gazebo, and outhouse facilities. The paved trail begins at Cumberland Street and ends at Bridge Street. The walk has been an excellent addition to downtown Westbrook, spurring on economic development and reinvigorating the riverfront. Many benches are dotted along the river walk and provide a place to rest and watch the abundant wildlife of the Presumpscot river.

Parking & Trail Access:

Take Route 25 into downtown Westbrook. Parking is available in Riverbank Park directly off Main Street.

For More Information: Please Visit:

http://www.trails.org/map_files/westbrk_rivwalk_description.html

Shared Use Paths: Motorized

The trails in this section of the report include off road, multi-use trails that may allow motorized activities such as ATVs and snowmobiles. Hiking, mountain biking, snowshoeing, cross country skiing, and horseback riding may also be permitted on these trails. Protected from car and truck traffic, these trails offer spectacular opportunities to explore Maine's natural and scenic beauty. The trails in this section range from 6 miles to over 80 miles long. Many of the trails are located on rural, remote wilderness areas in the state. If planning a trip on one of these remote trails, it is important to plan ahead and pack plenty of food, water, clothing, and repair kits for your vehicles. Remember to share the trail with other users.



Aroostook Valley Rail Trail

Trail Location: Washburn to Van Buren

Trail Length: 75 Miles

County: Aroostook

Activities:

Walking, Hiking, Mountain Biking, Horseback Riding, Cross Country Skiing, Snowshoeing, Snowmobiles, ATVs



Trail Surface(s):

Gravel, Ballast

Trail Description:

The Aroostook Valley Rail Trail is a 75-mile trail that connects the towns of Washburn, Stockholm, Van Buren, Mapleton and Caribou. Scenery along the trail varies from open fields to deep woods, and meanders along many streams and the Aroostook River. Most of this trail is very remote and riders should be prepared for a backcountry experience. On the Aroostook Valley Rail Trail, (AVT), from Washburn as you head north, you can either switch to the Bangor-Aroostook Trail (BAT) or continue along the Aroostook Valley Trail (AVT). The Aroostook Valley Trail splits a few miles north of Washburn allowing you to choose to either head north toward New Sweden or northeast toward Caribou. A mountain bike is suggested on all of these trails because of the crushed stone surface. All of the trails are very well maintained and are rolled and graded on a regular schedule. Most of the route is shaded by a canopy of evergreens and deciduous trees including apple trees with wild apples for picking. At points, the landscape opens up to vast potato farms or is traversed by logging roads, giving one an understanding of the importance of agricultural in the area. At other places, the raised trail bisects wetland bogs.

Parking & Trail Access:

New Sweden: The parking area is located on Westmanland Road where the rail bed begins, .25 mile west of ME Route 161 in New Sweden. The parking area is located on the north side of the road opposite the rail bed crossing.

Washburn: Parking is available at Mill Pond Park on Station Road north of Washburn. Drive through Washburn on ME Route 164 North. Turn left onto Station Road just after Churchill Road and before Clark Street. You may park in the dirt parking lot to access the trail.

For More Information: Please Visit:

<http://www.maine.gov/cgi-bin/online/doc/parksearch/index.pl>

Bangor/Aroostook Trail

Location: Van Buren to Houlton

Length: 50 miles

County: Aroostook

Activities: Walking, Hiking, Cycling, Cross-County Skiing, Snowshoeing, ATVs, Snowmobiles

Surface(s):
Gravel

Trail description:



The 50-mile Bangor/Aroostook Trail (a.k.a. BAT) is part of northern Maine's amazing, complex interconnected trail system. You can easily coordinate a multiday tour on this and other area rail-trails, taking advantage of lodging and food options in towns along the way. However, sections of the BAT lead through back country wilderness areas, so plan accordingly. Threading a wider corridor than the connecting Aroostook Valley Trail, the BAT crosses acres of farmland, as well as woods and wetland bogs, and it is an excellent platform for spotting a range of wildlife. The area north of Stockholm is largely wilderness and is a great place to spot moose.

Trail Access:

Van Buren: The trail starts where the rail bed intersects US Route 1 just south of Franklin Street. Park in a safe place in the vicinity of Main Street to access the trail which heads south on the old rail bed.

Caribou: The parking area is located on Aldrich Drive. At the intersection of US Route 1 and ME Route 89 in Caribou, take ME Route 89 east for approximately 0.1 mile. Turn left onto Aldrich Drive after passing Vickers Drive on your right. Parking is available on Aldrich Drive on the east side of the train tracks. The trailhead is located in the parking lot.

Washburn: Parking is available at Mill Pond Park on Station Road north of Washburn. Drive through Washburn on ME Route 164 North. Turn left onto Station Road just after Churchill Road and before Clark Street. You may park in the dirt parking lot to access the trail.

For More Information: Please Visit:

www.maine.gov/cgi-bin/online/doc/parksearch/index.pl

Down East Sunrise Trail

Location: Ellsworth to Calais

Trail Length: 85 miles

County: Hancock and Washington

Activities:

Walking, Hiking, Biking, Cross-Country Skiing, Snowshoeing, ATVs, Horseback Riding,

Trail Surface(s):



Crushed Stone, Sand, Rolling Surface

Trail Description:

The 85-mile long Down East Sunrise Trail from Ellsworth to Calais stretches through Maine's woods, mountainous areas, blueberry country, bogs & wetlands and quaint towns. The Down East Sunrise Trail is the northernmost section of the East Coast Greenway, a 3,000-mile off-road trail from Calais, Maine, to Key West, Florida. Amenities include camping opportunities in Maine's Public Reserve Land as well as links to coastal and inland towns that offer restaurant and lodging opportunities. As with other existing rail trails throughout the state, The Down East Sunrise Trail is open to a wide variety of outdoor enthusiasts from ATV riders, bicyclists, hikers, horse back riders and skiers. The trail offers a wonderful opportunity for slower travelers to go a good distance through the Maine woods while meandering through some of our country's last unspoiled spaces.

Parking and Trail Access:

East Machias: Turn east off of Route 1 onto Willow Street. Large parking lot to the left behind Archibald's One-Stop Gas Station, next to Downeast Salmon Federation (DSF) Aquatic Research Center.

Ayer's Junction: On Route 214, four miles northwest from the intersection of Routes 1 and 214 in Pembroke. The gravel parking lot is on the left at the intersection of the tracks and the roadway.

For More Information: Please Visit: www.sunrisetrail.org

Four Season Adventure Trail

Trail Location: Newport, Corinna, Dexter, Sangerville, and Dover-Foxcroft

Trail Length: 29 miles

County: Piscataquis, Penobscot

Activities:

Walking, Running, Hiking, Cycling, Horseback Riding, ATVs, Snowmobiles

Trail Surface(s):

Gravel

Trail Description:

The Four Season Adventure Trail runs along the shorelines of Sebasticook Lake in Newport, Corundel Lake and the Sebasticook River in Corinna, Wassookeag Lake in Dexter, and the Piscataquis River in Dover-Foxcroft. The trail provides water access opportunities for canoeing, fishing and kayaking. In addition, the route passes through a variety of landscapes including farmland, woodland, and wetland areas. This section of the abandoned Maine Central Railroad, which includes bridge crossings of the Sebasticook and Piscataquis rivers, links five adjacent towns (Newport, Corinna, Dexter, Sangerville and Dover-Foxcroft). The trail serves as an alternative transportation route for residents of these towns. The route passes through the centers of all the towns except Sangerville. It also provides an important corridor connecting central Maine ITS trails to the Greenville and Millinocket areas.



Parking & Trail Access:

Newport: On ME Route 7 North, 2 miles north of Newport town center, parking is available just before the Varney Newport Ford car dealership. The trailhead is located in the rear of the parking lot.

Dover-Foxcroft: The Dover-Foxcroft trailhead is located 1.5 miles from the junction of ME Routes 7, 15, and 6. From this junction, travel west on ME Route 6 just over 1 mile. Trailhead parking is on the right next to Irving's Gas Station located at 1021 West Main Street.

For More Information: Please visit: <http://www.maine.gov/cgi-bin/online/doc/parksearch/index.pl>

Greenville Junction to Shirley Mills Rail Trail

Trail Location: Greenville Junction

Trail Length: 6.5 miles

County: Piscataquis

Trail Surface(s):



Gravel, Dirt

Activities:

Snowmobile, ATV, Walking, Hiking, Mountain Biking, Horseback Riding, Cross-Country Skiing, Snowshoeing

Trail Description:

The Greenville Junction to Shirley Mills Rail Trail follows the abandoned rail bed of the Bangor and Aroostook Railroad 6.5 miles to Shirley Mills and continues east for about 50 miles all the way to Derby. In the winter it becomes a heavily used snowmobile trail and is part of Maine's Interconnected Trail System (ITS), so in the spring and summer it can be rough in spots. The wide hard-packed gravel trail is flat, ideal for family bike rides and beginner mountain bikers. It travels through some of the best boreal habitat in the region.

The Greenville Junction to Shirley Mills Rail Trail continues along the east branch of the Piscataquis River, ending at Shirley Pond where you can find benches and picnic tables overlooking the pond. It is a lovely spot to rest and enjoy a picnic lunch while enjoying wildlife views before the return ride.

Parking & Trail Access:

Greenville Junction: From Greenville town center, drive west on ME 15 toward Greenville Junction. Immediately after passing under the railroad trestle, turn left and begin driving south. Parking is available on the side of the road.

For More Information:

www.bikekinetix.com/t_me/me_rail/greenville_shirley_rt.php#description

Lagrange Rail Trail

Trail Location: Lagrange to Medford

Trail Length: 15 miles

Counties: Piscataquis

Activities:

Walking, Hiking, Mountain Biking, Horseback Riding, Cross-Country Skiing, ATVs,

Snowmobiles

Trail Surface(s):

Hard Gravel, Ballast

Trail Description:

This 15-mile rural trail travels through a diversity of natural areas of farmland, forest, and meadows. The trail is located northwest of Old Town in Piscataquis County. The trail is gravel and flat with the exception of some rough sections near Medford. It is easy enough for all riders and makes for a good family ride. Good drainage means you can ride here during mud season. The woods and streams provide habitat for beaver, moose and a variety of waterfowl. Bring plenty of insect repellent or wait until late June to ride.



There is a picnic area at the North end of the trail at picnic area on the south bank of the Pleasant River near Medford and a trestle bridge just north of Medford. The trail was constructed on an abandoned railroad. You can access the Piscataquis River right from the trail. Expect to share the trail with ATV's.

Parking & Trail Access:

La Grange: The parking area is located on Pine Grove Lane. On ME Route 16 North going toward La Grange, turn right onto Pine Grove Lane. Drive over the train trestle. Approximately 0.3 mile down the dirt road, you may park on the shoulder of the road and access the trail at the end of Pine Grove Lane.

Medford: Parking is available at the Medford end of the trail in Medford Center at the public picnic area on the Piscataquis River.

For more information: Please visit:
<http://www.maine.gov/cgi-bin/online/doc/parksearch/index.pl>

Patten to Sherman Trail

Trail Location: Patten to Sherman

Trail Length: 6 miles

Counties: Aroostook, Penobscot

Activities:

Walking, Hiking, Bicycling, Cross-Country Skiing, Snowshoeing, ATVs, Snowmobiles

Trail Surface(s):

Gravel

Trail Description:

The Sherman to Patten multi-use trail is 6 miles long and meanders through open fields, forested areas and along the perimeter of Thousand Acre Bog. Riders will find a gravel surface trail that is open to multiple use, year round. Most of this trail is very remote and riders should be prepared for a backcountry experience. This trail provides wonderful wildlife and wetland viewing opportunities as it passes through Crystal Bog. Expect to share the trail with ATVs.

**Parking and access:**

Patten: Stay on Main Street at the intersection of Main Street and ME Route 159 in downtown Patten. A parking lot is located across the street from Craig's Clam Restaurant located at 92 Main Street. The trailhead is located across the street behind the tree line.

Sherman: On Main Street in Sherman, trail users may park at the Shell gas station located at 98 Main Street. Trail users can access the trail behind the Shell Station.

For more information: Please Visit:

http://www.maine.gov/cgi-bin/online/doc/parksearch/details.pl?park_id=97

Sanford Rail Trail

Trail Location: Sanford

Trail Length: 5 miles

County: York

Activities:

Walking, Hiking, Mountain Biking, ATVs, Snowmobiles

Trail Surface(s):

Crushed Gravel

Trail Description:

The Sanford Rail Trail is a multi-use trail built on an old rail bed that passed through the towns of Sanford and Springvale. It connects to Alfred in the east and Lebanon in the west. It is used by walkers, joggers, hikers, bicyclists, cross-country skiers, and horses. Responsible use of both ATVs and snowmobiles is allowed on the Rail Trail.

The Sanford Rail Trail is a linear trail that links two county park and recreation areas and two natural areas of statewide significance: a coastal plain/wet sand prairie and a 19-acre bog. A boardwalk into the bog offers trail users a splendid view of this unique ecosystem. You can access the Pine Haven Recreation Area from the trail as well. The Pine Haven Recreation Area features 8 miles of hiking, mountain biking, and cross-country ski trails, and is approximately three miles from the Rail-Trail via local roads.

Parking & Trail Access:

Sanford: Parking available at turnout on Hanson's Ridge Road. On US-202 north entering Sanford, turn left onto Hanson's Ridge Road after Pershing street and before US-202 goes around the curve. The parking area is located .3 miles down the road at the intersections of Hanson's Ridge Road and Pleasant Street.

For More Information: Please Visit:

<http://www.freewebs.com/sanfordtrailcommittee/index.htm>



Solon/Bingham Trail (Kennebec Valley Trail)

Trail Location: Solon to Bingham

Trail Length: 8 miles

County: Somerset

Activities:

Snowmobile, ATV, Hiking, Mountain Biking,
Horseback Riding, Cross-Country Skiing

Trail Surface(s): Crushed Stone



Trail Description:

Located about 15 miles north of Skowhegan, the Solon to Bingham stretch of the 14 mile Kennebec Valley Trail is one of the most scenic mountain bike rides in Western Maine. The 8-mile trail traces the river and Indian path taken in 1775 by Benedict Arnold, on orders from General George Washington, to capture Quebec from the British; it also follows a historic narrow gauge logging railroad and, at one point, is bisected by the 45th parallel, the theoretical midpoint between the equator and the North Pole. The flat, crushed stone surface provides an ideal opportunity for a family bike ride and offers spectacular views of the surrounding mountains. The trail is open for year-round use, however it is even more special during the fall foliage season. From Solon, the trail heads north, following along the edge of the Kennebec River and ends at the junction with Rt. 201. Further upstream, "The Forks" area is a renowned center for world-class rafting but this stretch of the rail trail remains still and peaceful.

Parking & Trail Access:

Solon: The parking area is located on Falls Road in Solon. On US Route 201, drive 0.8 mile north of the intersection of US Route 201 and ME Route 8 in Solon. Turn left onto Falls Road. Stay on Falls Road to reach the public boat launch where you will find trail parking near the railroad tracks.

La Grange: The parking area is located on Pine Grove Lane. On ME Route 16 North going toward La Grange, turn right onto Pine Grove Lane. Drive over the train trestle. Approximately 0.3 mile down the dirt road, you may park on the shoulder of the road and access the trail at the end of Pine Grove Lane.

For more information: http://www.bikekinetix.com/t_me/me_rail/solon_bingham_rt.php

Southern Bangor and Aroostook Trail

Trail Location: Houlton to Phair Junction

Trail Length: 40 miles

County: Aroostook

Activities: Snowmobiling, ATV, Hiking, Mountain Biking, Cross-Country Skiing, Horseback Riding

Trail Surface: Gravel, Ballast

Trail Description:

The Southern Bangor and Aroostook Trail is a 40 mile long trail that extends from Houlton through the towns of Monticello, Bridgewater, Mars Hill, and loops through the southern edge of Presque Isle. The trail weaves through numerous communities, crosses the Meduxnekeag River, and runs adjacent to Prestile Stream. Riders will find a hard gravel surface and should be aware of ATVs and snowmobiles on the trail. The Houlton trail winds through forestland, small northern Maine communities and is open year-round for multiple use.



Parking and Trail Access:

Houlton: The parking area is located at Ivey's Motor Lodge at 241 North Street in Houlton. At the intersection of US Route 1 and US Route 2, stay on US Route 1 for 1.6 miles where you will see Ivey's Motor Lodge on your right.

For More Information: Please visit:

http://www.maine.gov/cgi-bin/online/doc/parksearch/details.pl?park_id=75

Saint John Valley Heritage Trail

Trail Location: Saint Francis to Fort Kent

Trail Length: 16.9 miles

County: Aroostook

Activities:

Hiking, Mountain Biking, Horseback Riding, Biking,
Cross-Country Skiing, Snowmobiles, ATVs

Trail Surface(s):

Compacted Crushed Shale

Trail Description:

The Saint John Valley Heritage Trail connects the communities of Fort Kent, Saint John, and Saint Francis as it runs along the south bank of the Saint John River. The trail is primarily flat with a 2% grade on an old rail bed perfect for families. The trail links with the regional snowmobile and ATV trail networks as well as with a spur of the Trans Canadian Trail System in Clair, New Brunswick/Fort Kent Border Crossing.

Parking & Trail Access:

Fort Kent: Parking is available at the snowmobile garage on Village Road off ME Route 161 West. Follow ME Route 161 West for 1 mile after the border-crossing bridge in Fort Kent. Village Road will be on your left. The snowmobile garage will be on your right and the trailhead is located in the rear of the parking lot.

Saint Francis: Parking is available on Back Settlement Road off ME Route 161 West behind Saint Charles Catholic Church. Coming from Fort Kent on ME Route 161 West, Back Settlement Road will be on your right approximately 0.2 mile after Sunset Drive. The trailhead is located at the end of Back Settlement Road.

St. John: Parking is available at the American Dream Restaurant located at 2185 St. John Road approximately 10 miles west of Fort Kent. The trailhead is located across the street behind the tree line.

For More Information: Please Visit

http://www.maine.gov/cgi-bin/online/doc/parksearch/details.pl?park_id=78



Turner Multi-Use Trail

Trail Location: Turner

Trail Length: 15 miles

County: Androscoggin

Activities: Bicycling, Hiking, Snowshoeing,
Horseback Riding, ATVs, Snowmobiles

Trail Surface(s): Gravel



Trail Description:

The Turner Multi-Use Trail offers fantastic opportunities for outdoor enthusiasts. Located in Androscoggin Riverlands State Park on an old logging road along the banks of the Androscoggin River, this beautiful trail brings you through the noble foothills and woods of Maine. Androscoggin Riverlands State Park is the newest Maine State Park with 2,258 acres along the west shore in Turner, and 330 acres along the east shore in Leeds. The park contains significant wildlife habitat; river shore, lakeshore and upland natural communities; historic landscapes and scenic vistas. Along the trail, you will find a few spur and loop trails that lead down to the Androscoggin River. You will also discover technical sections of the trail for bikes, ATVs, and snowmobiles. Along the way, you will find picnic tables, historical sights including an old foundation dating back to the 1800s, approximately 7 miles into the trail. Part of the trail follows an old farmstead road that was developed back in the 1950s when the Androscoggin River flooded.

Parking & Trail Access:

Turner: Parking is available on Center Bridge road on the north end of the Androscoggin River lands in Turner, ME. At Turner Center, go onto Center Bridge Road. Before you reach Androscoggin River, you will find a large parking lot on your right that serves as the trail head. The trail head is located at the front of the parking lot.

For More Information:

Please visit: <http://www.maine.gov/doc/parks/programs/planning/andro/androindex.shtml>

Whistle Stop Rail-Trail

Trail Location: Jay to Farmington

Trail Length: 13 miles

County: Franklin

Activities:

Hiking, Mountain Biking, Horseback Riding, Cross-Country Skiing, ATVs, Snowmobiles, Dog Sledding



Trail Surface(s):

Gravel, Sand

Trail Description:

Developed primarily as a route for snowmobilers and off-road vehicle enthusiasts, the Jay to Farmington Whistle Stop Trail also appeals to hikers and mountain bicyclists with a rugged spirit. The trail's sandy and often rutted surface, as well as the dense pine forest that surrounds much of the route, demand your attention. This rail line originally belonged to the Maine Central Railroad and served many manufacturing plants in the area. The corridor came under the management of the Maine Department of Conservation in 1982, after snowmobile riders around the state showed a strong interest in the corridor. The trail is used by a wide range of users and connects three Franklin County communities: Farmington, Wilton, and Jay.

Parking & Trail Access:

Farmington: The parking area for the trail is located at the end of Oak Street in West Farmington. On US Route 2 North in West Farmington, turn left onto Oak Street approximately 2 miles after the intersection of US Route 2 and Hannaford Drive. You will see a sign for the Whistle Stop Trail on US Route 2 before Oak Street. The trailhead can be accessed at the end of Oak Street.

Jay: The parking area for the trail is located on Old Jay Hill Road in Jay. On ME Route 4 North approximately 1.5 miles past the intersection of ME Route 4 and ME Route 140, turn right onto Old Jay Hill Road.

For More Information:

http://www.maine.gov/cgi-bin/online/doc/parksearch/details.pl?park_id=76



Multi-Use Trail Permitted Uses

MaineDOT



All motorized vehicles
must be registered as
ATV's.



Winter Use Only with Snow Cover



Bureau of Parks and Lands
Off-Road Vehicle Division